



The Grape Affair

December 2014

Grapevine Senior Activities Center



Play **OFTEN** - Play **GRAPEVINE**

421 Church Street ~ Grapevine, Texas 76051 ~ 817.410.3465

Hours of Operation: Monday - Friday 8 am to 3 pm

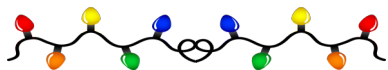
playgrapevine.com



Highlights for the Month

December 2014

- 2 Go Go Girls Trip
- 4 Bank & Post Office
- 5 Christkindl Market
- 7 Dance at the Sheraton
- 8 "Gift of Christmas"
- 9 Home Dialysis Info
- 11 FOPS Trip
- 15 Expansion Update
- 15 Christmas Lights
- 16 Gaylord Stroll
- 24-25 Center Closed



Looking Ahead

January 2015

- 1 Happy New Year!
- 5 Computer Registration
- 19 Megan's Lunch Bunch
- 23 Grapevine History Presentation
- 28 Grapevine Historical Museum Tour

Islands of New England August 24-31, 2015

This fabulous Collette Vacations trip begins in Providence, Rhode Island and continues to Newport and Boston. You'll spend several days on Cape Cod exploring Martha's Vineyard, Nantucket, Hyannis and Provincetown. You have a choice of setting out on a whale watch cruise in Cape Cod Bay or embarking on a scenic adventure through iconic sand dunes of the Cape. A traditional lobster feast completes your New England experience. Rates which include round trip air from DFW, air taxes and fees/surcharges, plus hotel transfers are: Single - \$2,979; double - \$2,579 and triple - \$2,549. Book before February 24 and get \$100 off. Brochures are available at the SAC.

Go Go Girls

The ladies are headed to the Dallas Galleria to do some shopping or just to walk around and enjoy the holiday decorations. Join us on Tuesday, December 2 at 9:30 am. Bring money for lunch. The bus returns by 2 pm.

"The Gift of Christmas"

Check at the front desk for seat availability at the popular Christmas pageant presented by Prestonwood Baptist Church in Plano. The date is Monday, December 8 which is their dress rehearsal and filming night. The bus departs at 5:30 pm. Be sure to eat dinner before the trip. Cost of the trip is \$15.

Home Dialysis Information

Exciting News! No more back and forth trips to outpatient dialysis facilities. Staff-assisted home dialysis is now available in DFW and surrounding areas provided by Freedom At Home Dialysis. Come and learn more about this exciting treatment program on Tuesday, December 9 at 11:15 am. We look forward to seeing you there. For more information, please feel free to contact Rhonda Gibbs at (469) 338-6159.

Christmas Night Lights

Join Bobby on his annual trek to seek the brightest holiday lights to be found in the Metroplex. Bus departs at 6 pm on Monday, December 15 with Tuesday, December 16 as a backup date in case of inclement weather.

Christkindl Market

The Christkindl Market in Arlington features authentic German cuisine, beverages, arts, crafts, and holiday gifts reminiscent of markets held throughout the holiday season in Germany. Travel with us on Friday, December 5 to enjoy the sounds and smells of Christmas. Bus leaves at 11:45 am and returns by 3:30 pm. Sign up at the front desk. In case of inclement weather, we will try to reschedule.

Computer Registration – January 5

Get ready for the next round of computer classes that begin the week following registration. A list of classes can be found at playgrapevine.com or pick up a copy at the SAC two weeks prior to registration.

Santa Cops

The Grapevine Police Santa Cops program was started in 1995 by now retired Officer Margie Salame. Santa Cops delivers donated toys to economically disadvantaged children in the community. Last year, Christmas wishes for 1,409 children in the GCISD area were fulfilled. Santa Cops is funded entirely by local donations; it is organized and implemented by Grapevine police officers, their families and community volunteers. Cash and new toy donations may be dropped off at the Senior Activities Center, one of the collection sites. For additional information, please contact the following Santa Cops Officers: Scott Rhodes at 972.724.2126 or Wade Easley at 817.421.2192.

Fraternal Order of Plaid Shirts

On Thursday, December 11, the guys will once again play the "Let Christmas Roll" game in one of the parks in Grapevine. After the fun, everyone will ride the "sleigh" to Mac's for a delicious lunch. The "sleigh" departs from the SAC at 9:45 am and will return by 2 pm. Sign up at the front desk. Lunch is on your own.

Decemb

Sunday	Monday	Tuesday	Wednesday
<p>Please remember, you must pay for all trips at the time of reservation. No spots will be held without payment.</p> <p>SCS Lunches served each Monday-Friday 12 Noon</p>	<p>1</p> <p>8-2 Table Games 9:30 Music Jam 9:45 Walking 9:50 Tai Chi 11:15 Strength Training 1:00 Card Making 1:00 SilverSneakers Classic 2:00 Mah Jongg</p>	<p>2 Birthday</p> <p>8-12 Table Games 9:30 Go Go Girls Trip* 9:45 Chair Exercise 10:00 Walking, GV Library 10:00 Blood Pressure Check 10:00 Oil Painting 10:00 Bridge 12:45 Bingo</p>	<p>3</p> <p>8-3 Table Games 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Knitting Group 11:00 Advisory Council 11:15 Strength Training 12:45 Grocery Shopping 1:00 SilverSneakers Classic 1:30 Hand & Foot</p>
<p>7</p> <p>Holiday Dance Sheraton Fort Worth 2-4 pm Bus leaves at 1:15 pm Reservations Required</p>	<p>8</p> <p>8-2 Table Games 9:30 Music Jam 9:45 Walking 9:50 Tai Chi 11:15 Strength Training 1:00 Card Making 1:00 SilverSneakers Classic 2:00 Mah Jongg 5:30 Gift of Christmas*</p>	<p>9</p> <p>8-12 Table Games 9:45 Chair Exercise 10:00 Walking, GV Library 10:00 Blood Pressure Check 10:00 Oil Painting 10:00 Bridge 11:15 Health Break** 12:45 Bingo</p>	<p>10</p> <p>8-3 Table Games 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Knitting Group 11:15 Strength Training 12:45 Grocery Shopping 1:00 SilverSneakers Classic 1:30 Hand & Foot</p>
<p>14</p>	<p>15</p> <p>8-2 Table Games 9:30 Music Jam 9:45 Walking 9:50 Tai Chi 11:15 Strength Training 11:15 Expansion Update 1:00 Card Making 1:00 SilverSneakers Classic 2:00 Mah Jongg 6:00 Christmas Lights*</p>	<p>16</p> <p>8-12 Table Games 9:30-11:30 Gaylord Stroll** 9:45 Chair Exercise 10:00 Grapevine Library 10:00 Blood Pressure Check 10:00 Oil Painting 10:00 Bridge 12:45 Bingo</p>	<p>17</p> <p>8-3 Table Games 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Knitting Group 11:15 Strength Training 12:45 Grocery Shopping 1:00 SilverSneakers Classic 1:30 Hand & Foot</p>
<p>21</p>	<p>22</p> <p>8-2 Table Games 9:30 Music Jam 9:45 Walking 9:50 Tai Chi 11:15 Strength Training 1:00 Card Making 1:00 SilverSneakers Classic 2:00 NO Mah Jongg</p>	<p>23</p> <p>8-12 Table Games 9:45 Chair Exercise 9:45 GV Shopping 10:00 Walking, GV Library 10:00 Blood Pressure Check 10:00 Oil Painting 10:00 Bridge 12:45 Bingo 12:45 Grocery Shopping</p>	<p>24</p> <p><i>Center Closed</i></p>
<p>28</p>	<p>29</p> <p>8-2 Table Games 9:30 Music Jam 9:45 Walking 9:50 Tai Chi 11:15 Strength Training 1:00 Card Making 1:00 SilverSneakers Classic 2:00 Mah Jongg</p>	<p>30</p> <p>8-12 Table Games 9:45 Chair Exercise 10:00 Walking, GV Library 10:00 Blood Pressure Check 10:00 Oil Painting 10:00 Bridge 12:45 Bingo</p>	<p>31</p> <p>8-3 Table Games 9:45 Chair Exercise 9:45 GV Shopping 10:00 NO Quilters Class 10:00 Knitting Group 11:15 Strength Training 12:45 Grocery Shopping 1:00 SilverSneakers Classic 1:30 Hand & Foot</p>

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Thursday	Friday	Saturday	Notes
4 8-3 Table Games 9:30 Bank & Post Office 9:45 Chair Exercise 9:45 Mall Walking 10:00 Jewelry Making 10:00 Chorus 12:30 Participant Meeting 1:00 SilverSneakers Yoga 1:15 Beginner Line Dancing 2:15 Intermediate Line Dancing	5 8-3 Table Games 9:45 Chair Exercise 9:45 Walking 9:50 Tai Chi 10:00 Ceramics 11:00 SilverSneakers Classic 11:30 Christkindl Market** 1:00 Wii Games	6	* Go Go Girls Trip Dallas Galleria Bus leaves at 9:30 am Returns by 2 pm ** Christkindl Market Arlington Bus leaves at 11:30 am Returns by 3:30 pm
11 8-3 Table Games 9:45 Chair Exercise 9:45 Mall Walking 9:45-2 FOPS Trip*** 10:00 Jewelry Making 10:00 Chorus 1:00 SilverSneakers Yoga 1:15 Beginner Line Dancing 2:15 Intermediate Line Dancing	12 8-3 Table Games 9:45 Chair Exercise 9:45 Walking 9:50 Tai Chi 10:00 Ceramics 11:00 SilverSneakers Classic 1:00 Wii Games	13	* Gift of Christmas Prestonwood Baptist Church Cost: \$15 Sign up at the front desk ** Health Break Freedom at Home Dialysis *** Fraternal Order of Plaid Shirts “Let Christmas Roll” Bring money for lunch at Mac’s
18 8-3 Table Games 9:45 Chair Exercise 9:45 Mall Walking 10:00 Jewelry Making 10:00 Chorus 1:00 NO Yoga 1:15 Beginning Line Dancing 2:15 Intermediate Line Dancing	19 8-3 Table Games 9:45 Chair Exercise 9:45 Walking 9:50 Tai Chi 10:00 Ceramics 11:00 SilverSneakers Classic 1:00 Wii Games	20	* Christmas Lights Bus leaves at 6 pm ** Gaylord Stroll Spend some time enjoying the lovely Christmas decorations at the Gaylord Texan
25 <i>Center Closed</i>	26 8-3 Table Games 9:45 Chair Exercise 9:45 Walking 9:50 Tai Chi 10:00 Ceramics 11:00 SilverSneakers Classic 1:00 Wii Games	27	
January 1, 2015 <i>Center Closed</i>		<i>Blood Pressure Checks and Birthday Cake courtesy of Woodridge at Grapevine Health & Rehabilitation</i>	

The Grape Affair
421 Church Street
Grapevine, TX 76051
facebook.com/GrapevineSAC



PRESORTED
STANDARD
U.S. POSTAGE
PAID
GRAPEVINE, TX
PERMIT NO. 140

Helpful Phone Numbers:

First Call for Help and
United Way Information and
Referral Line
2-1-1

Northeast Transportation
Service (NETS)
817.336.8714

Grapevine SeniorMovers
817.410.3465

Holiday Dance Party

**Sunday, December 7
2-4 PM**

Sheraton Fort Worth Hotel

Sign up at the front desk
Reservations Required

Bus leaves at 1:15 PM



**JOIN US FOR AN UPDATE ON THE
ALL-NEW MULTI-GENERATIONAL RECREATION CENTER**

**MONDAY, DECEMBER 15
11:15 AM**

**SENIOR ACTIVITIES CENTER
421 CHURCH ST.**

**PRESENTED BY KEVIN MITCHELL & CHRIS SMITH
(QUESTION AND ANSWER TIME TO FOLLOW PRESENTATION)**